

The Newport Navallog

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SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



Tall Ships viewed here

Commanding Officer, Naval Station Newport, offers Dewey Field as a prime viewing area for Tall Ships Rhode Island 2004 on Monday.

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Chaplain has famous kin

A Navy ensign at the Naval Chaplains School learns his ancestry dates to Commodore Matthew Perry, focus of the Black Ships Festival.

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New skipper for REDCOM

Naval Reserve Readiness Command, Northeast, holds change of command ceremonies at the Naval War College.

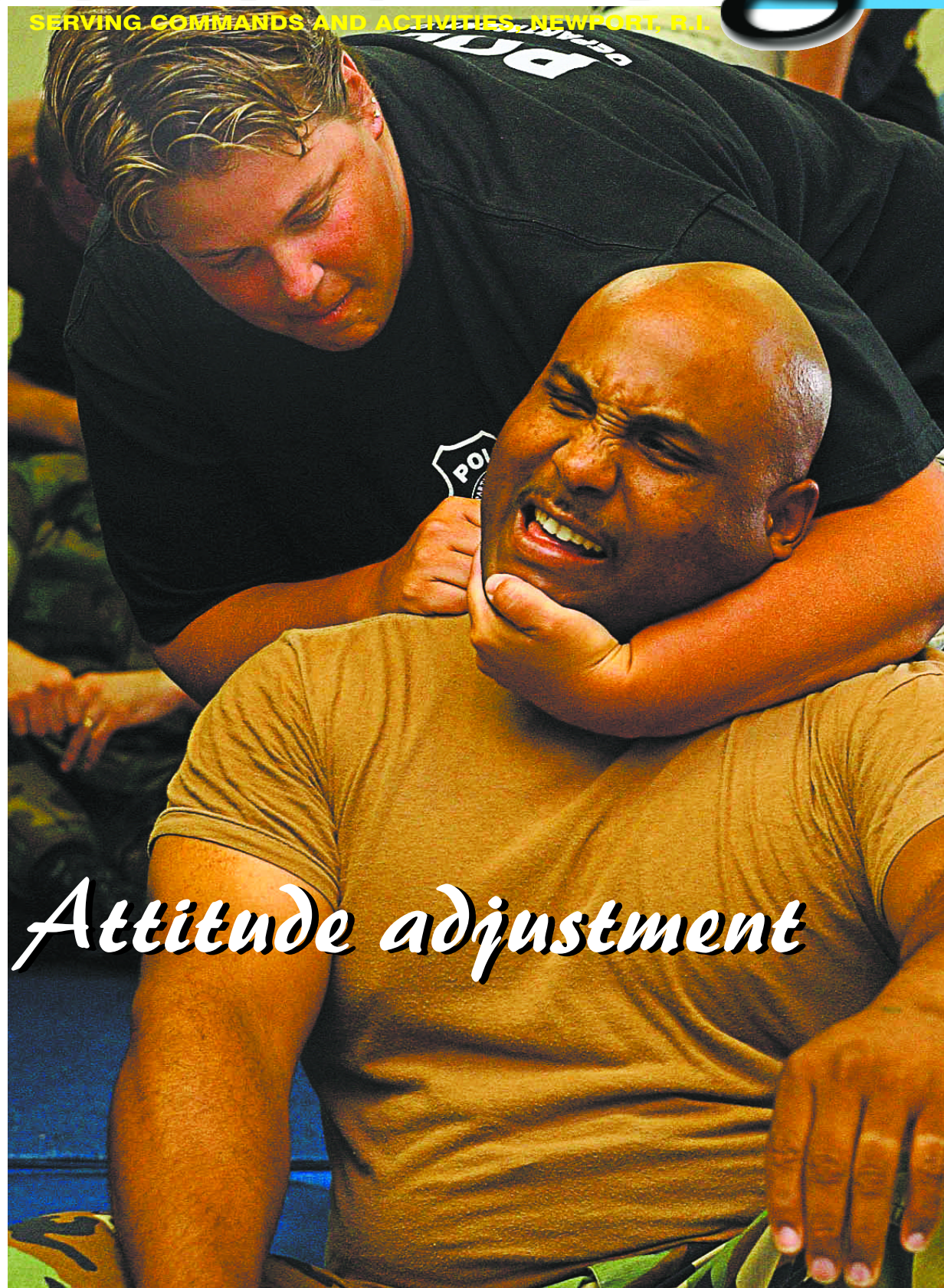
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350 enter Bay swim

Commanding Officer, Naval Station Newport, will join 350 other swimmers next week-end for the annual Save the Bay swim.

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FEELING THE PRESSURE — Cpl. Stephanie McMahon, Naval Station (NAVSTA) Newport police, restrains Master-at-Arms First Class James Hull in a headlock during Non-Lethal Weapons Basic Instructor course at NAVSTA's Security Training Department on Pier Two. Story, more pictures, Pages 8-9.

Ron Fontaine/U.S. Navy photo



Navalog file photo

THE COAST GUARD barque Eagle, right, the 295-foot sail training ship of the Coast Guard Academy in New London, Conn., maneuvers into position for a Parade of Sail for the American Sail Training Association several years ago. The Eagle will be queen of the fleet this weekend for Tall Ships Rhode Island 2004.

Dewey Field open for Tall Ships parade

Concerts, food at festival finale

By RICHARD ALEXANDER
Navalog editor

Naval Station (NAVSTA) Newport will open Dewey Field for public viewing of the Parade of Sail by Tall Ships Rhode Island 2004 on Monday from noon to 4 p.m. Gate 1 will open at 11 a.m., and designated parking will be established.

Almost 20 barques, barquentines and schooners from several countries and East Coast ports are arriving this weekend, and will berth at the Goat Island Marina for an

international marketplace and festival.

On Monday afternoon they will sail north under the Pell Bridge, past NAVSTA and circle around Gould Island. The 295-foot barque Eagle, the largest ship in the fleet, is expected to lead. It is the sail training ship of the Coast Guard Academy in New London.

Navy Band Northeast (NBNE) will provide an afternoon of music, beginning with Rhode Island Sound playing rock 'n roll favorites; followed by Island Breeze, a new steel drum and rhythm ensemble; and finishing with the Northeastern Navy Showband playing popular music and clas-

sics.

Private vending trucks will supplement the Morale, Welfare and Recreation Department concession tent selling hot dogs, hamburgers, chips and soda.

Because of increased security measures, no coolers or backpacks will be allowed. For more information, call NAVSTA Public Affairs Office at 841-3538.

To avoid traffic problems this weekend and Monday, the Tall Ships Rhode Island 2004 committee has established seven satellite parking lots and bus shuttles. Military members are welcome to use one lot outside Gate 4 and another at

the former Navy Lodge property at Coddington Highway at West Main Road.

There will be three shuttle loops designed and run every 20 minutes. **The shuttles on Monday will NOT run to Dewey Field.**

Some of the ships expected include Amistad, a 129-foot schooner out of New Haven, Conn.; the Capitan Miranda, a 205-foot staysail schooner, from Uruguay; and Mircea, a 269-foot bark owned by the Romanian navy.

Shipmates can deter suicides

By JOSN R. C. MCGINLEY
Commander, Navy Region Hawaii PAO

PEARL HARBOR, Hawaii (NNS) — Suicide is one of the top three causes of death in the Navy, according to the Department of the Navy Suicide Incident Report. It's a concern that hasn't subsided in recent years, and new approaches are being made to make Sailors aware of the signs.

"More people die by suicide every year than by homicide, which is unbelievable to me," said Lt. Cmdr. J. P. Hedges, staff chaplain at Naval Station Pearl Harbor. "More service members have killed themselves than have died in battle."

There are many indicators that all Sailors should look out for in their workplace. The acronym AID LIFE helps co-workers to remember the process of intervening and approaching Sailors who might be in trouble.

The first step is to ask if there is a problem. A shipmate might be noticeably depressed, or their work might be inconsistent with prior efforts. Asking the person if there is anything wrong is the first step to prevention.

"Open-ended questions are good, and you can quickly assess how bad off it is," said Hedges.

The next step is to intervene immediately. If the warning signs are evident, it's important not to dismiss or shy away

SUICIDES, Page 13

Ethnic dance added to picnic

Two Asian-Pacific dance performances and the Caribbean rhythms of steel drums will highlight Naval Station (NAVSTA) Newport's second annual Diversity Day potluck picnic on July 22, from 11 a.m. to 1 p.m., on the patio behind Building 690.

NAVSTA Newport and its tenant commands and activities will celebrate diversity in the workplace at the multi-cultural celebration. The obser-

vance will feature Navy Band Northeast's steel drum group, Island Breeze; Naval Ambulatory Care Center staff members performing the Filipino Maria Clara dance; poster displays highlighting the accomplishments of various ethnic groups; and a sampling of various ethnic cuisines.

Two students from the Korean Hibiscus Cultural Group of South Kingstown will perform a Korean folk dance in native

silk costume.

The picnic will provide an opportunity for all military and civilian employees from NAVSTA Newport and its tenant commands and activities to gather and share their cultural heritage.

Volunteers may call Equal Employment Opportunity Advisory Committee member Roy Snow, Personnel Support Detachment, Newport, at 841-2202.

Navalog

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Commanding Officer, Naval Station Newport

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Commodore at heart of Black Ships Festival

By JOY CHRISTMAS

NAVSTA Public Affairs Staff

As it was 150 years ago, the Navy presence will be as strong as ever as the East meets West this weekend for the 21st annual Black Ships Festival in Newport.

U. S. and Japanese military and civilian dignitaries will officially kick off the festivities today at 10:30 a.m. at Touro Park to commemorate the efforts of Newport native Commodore Matthew Perry. The naval officer negotiated and signed the Treaty of Kanagawa in 1854 that opened trade relations with Japan after more than 200 years of self-imposed isolation.

Newport's sister city of Shimonoda, Japan, has held similar festivities each May for the past 65 years.

Among Navy dignitaries attending are Rear Adm. Ronald Route, President of the Naval War College, and Capt. Robert McLaughlin, Commanding Officer, Naval Station (NAVSTA) Newport.

Navy Band Northeast will provide music for the ceremony, and the Newport Artillery Company will present a cannon salute.

Presented by the Japan-American Society of Rhode Island, more than 50 Japanese cultural events are scheduled and expected to draw more than 20,000 people to the three-day celebration.

Some of the ongoing activities and events scheduled throughout the weekend include kite making; calligraphy, sumi painting and raku demonstrations; conversational Japanese; Ikebana demonstrations; acupuncture demonstrations; bonsai demonstrations; origami workshops; tea ceremonies; Kimono demonstrations; Sushi making; martial arts demonstrations and children's workshop; and kite making workshops. The majority of events will take place at stations set in Touro Park.

Admissions range from \$5 to \$12 for workshops and special events, but a number of demonstrations and events are free.

The Taiko Drum Festival, featuring the Matsirza Taiko Group from Disneyworld's Epcot Center; and Soh Daiko,

the first Taiko group on the U.S. East Coast, will take place on Saturday at 6 p.m., at the Tennis Hall of Fame.

The show opens with a sumo wrestling demonstration by the Hawaiian Sumo Organization.

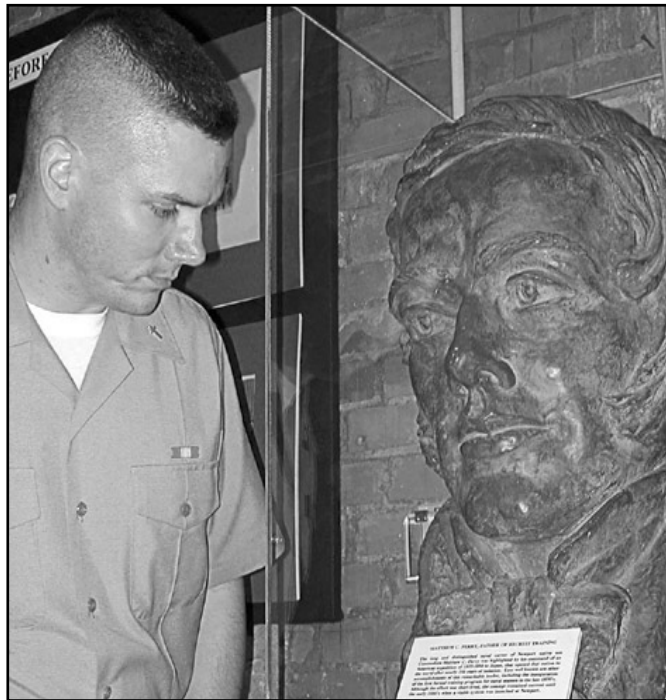
Another drum performance will be at Fort Adams on Sunday at noon. Tickets are available at Information, Tickets and Travel, Building 656.

Another family favorite includes the sumo wrestling demonstration. The large, powerful athletes will share the art of Japan's national sport on Saturday, 11 a.m. to 2 p.m., and Sunday at 11 a.m. at Brick Market Place.

The Candy Man, a hit with the kids, will perform the ancient art of amezaiki, the transformation of hot taffy-like candy into animals and mythical creatures, Saturday and Sunday at 10 a.m. and 4 p.m.

The festival will officially close on Sunday at 10 a.m., when Japanese and American dignitaries will lay a wreath at the Commodore Perry's tomb at Island Cemetery on Farewell Street. A Marine Corps color guard will post the colors and a Navy bugler will play *Taps*.

Chaplain (Ensign) Jeffrey A. Perry will give the invocation.



Richard Alexander/U.S. Navy photo

PERRY MEETS PERRY — Chaplain (Ensign) Jeffrey Perry, Naval Chaplains School, looks at the bust of his Rhode Island ancestor, Commodore Matthew C. Perry at the Naval War College Museum.

Chaplain, commodore share same ancestry

By RICHARD ALEXANDER

Navalog editor

It was just a coincidence that a chaplain named Perry arrived in Newport a month before the city planned to celebrate the exploits of a 19th century commodore named Perry in the Black Ships Festival.

It was a second coincidence that Chaplain (Ensign) Jeffrey Alan Perry, a student in the Chaplains Basic course at Naval Chaplains School, was "volunteered" to say the invocation and benediction at memorial ceremonies for Commodore Matthew C. Perry at Island Cemetery on Sunday morning.

But Chaplain Perry of Dryden, Mich., was unaware that

Newport has for the past 20 years celebrated Matthew's efforts that opened trade between the U.S. and Japan in 1854 with the Treaty of Kanagawa.

But according to his father's genealogy research, Chaplain Perry is the great-great-great grandson of Matthew, or perhaps his older brother, Oliver.

"My father died in 1998, but he showed proof that I and my siblings are related to the famous Rhode Island Perrys," said Ensign Perry, 31. "But I'm not sure which Perry brother I'm related to." Perry has an older brother who spent four years in the Marine Corps, and a sister.

There are undoubtedly thousands of Perry descen-

PERRY, Page 7

A number of things...

19

The number of barques, barquentines and schooners from several countries and East Coast ports that are expected to participate in Tall Ships Rhode Island 2004 Parade of Sail on Monday.

— Page 2

6,000

The number of drilling reservists under Naval Reserve Readiness Command, Northeast, who report to a new Commander, Capt. Theodore Fessel, after change of command ceremonies last weekend.

— Page 4

50

The number of private agencies planning to attend the Fleet and Family Support Center's Welcome Aboard Fair on July 22 at the Harbor Island Conference Center.

— Page 6

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Bravo zulu

Region Reserves change command

By JO1 STEVE BANSBACH
REDCOM Northeast Public Affairs Officer

In a time-honored naval tradition of pomp and circumstance, Rear Adm. Frank F. Rennie IV, USNR, was relieved by Capt. Theodore F. Fessel Jr., USNR, as Commander, Naval Reserve Readiness Command Northeast in change of command ceremonies at the Naval War College last Saturday.

Capt. Fessel takes command of REDCOM Northeast's 6,000 drilling Reservists and 19 Reserve Centers. Rear Adm. Rennie oversaw the mobilization and deployment of numerous naval reservists in the Northeast Region in support of Operations Noble Eagle, Enduring Freedom and Iraqi Freedom over the past three years.

The Northeast Region includes the states of Maine, New Hampshire, Vermont, Rhode Island, Connecticut, Massachusetts, New York and New Jersey.

Capt. Fessel assumed duties as the Readiness Commander

after serving as Deputy Commander for the Readiness Command.

The primary mission of REDCOM Northeast is to maintain assigned personnel and equipment in a state of readiness for rapid deployment in the event of mobilization. This is accomplished through the effective management of personnel and resources to train, equip and otherwise prepare the assigned naval reserve units and personnel for mobilization.

Capt. Fessel was raised in Guilford, Conn. He was graduated cum laude from Springfield College in Massachusetts and was a teacher and coach in Connecticut and Vermont for four years prior to attending the Officer Candidate School in Newport.

Commissioned an ensign in February 1981, Fessel's first Division Officer assignment was aboard the frigate USS Harold E. Holt in Pearl Harbor, Hawaii.

During the events of Sept.



Capt. Theodore F. Fessel Jr., USNR, the new Commander, Naval Reserve Readiness Command Northeast, speaks at the Naval War College last Saturday. Capt. Fessel takes command of REDCOM Northeast's 6,000 drilling Reservists and 19 Reserve Centers.

IT1 Pamela Hammond/U.S. Navy photo

11, 2001, Capt. Fessel was the Director of Surface Programs while assigned to the staff of the Chief of Naval Operations and Director, Naval Reserve.

Most recently Fessel was Deputy Commander of REDCOM Northeast.

Personal awards include the Meritorious Service Medal with three gold stars, and the Navy and Marine Corps Commendation Medal.



Ron Fontaine/U.S. Navy photo

NEXT STOP, SHORE ASSIGNMENTS — Officer Indoctrination School junior officers pass in review on Nimitz Field, Naval Station Newport, last Friday for graduation ceremonies of Class 04050. Vice Adm. Michael L. Cowan addressed the 143 newly commissioned officers. OIS is part of Officer Training Command-Newport.

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New mothers: Do you know signs of 'baby blues'?

What's the differences between "baby blues" and post-partum depression?

When should you seek help and support?

The Fleet and Family Support Center will sponsor a workshop, "Baby Blues," on Tuesday, July 20, from 9:30 to 11 a.m. The purpose of this

role model for young boys. This a two-part training series scheduled for July 24 and 25, from 9 a.m. to 3:30 p.m.

The training is designed to give men who already impact the lives of boys an opportuni-

ty to develop even stronger skills to support these boys. The training is free, and food will be provided. A \$100 incentive reward will be given to all men who complete the program. Workshop participants

may include fathers, grandfathers, counselors, educators, law enforcement workers, coaches or mentors.

Participants receive 12 to 20 hours of informal training and discussion sessions conducted

by local experts on such topics as society and the family; normal adolescent development; communication skills; boundary setting; and positive discipline skills;

Call 841-2283.

Fleet and Family Support Center

workshop is to help participants understand and recognize the signs and symptoms of the "baby blues."

Focus will include discussion of strategies that have been helpful for mothers in coping successfully with these symptoms. Attention also will be devoted to helping participants understand and recognize the differences between "baby blues" and post-partum depression, and the importance of seeking help and support.

Registration is required and may be made by calling 841-2283.

Starting your own business—The Fleet and Family Support Center will conduct a workshop on Starting Your Own Business on Wednesday, July 21, from 11:30 a.m. to 1 p.m. Participants will hear what it takes to open and run their own business.

The advantages and disadvantages of running your own business will be addressed, as well as the steps needed for identifying the types of business to establish and financial resources to do so.

Register by calling 841-2283.

Anger management—Anger is a powerful emotion. It can be used destructively, or it can be used for positive change. Come to the Fleet and Family Support on Thursday, July 22, from 2:30 to 3:30 p.m., and learn how to manage your anger and change your life for the better. Registration is required and may be made by calling 841-2283.

Men 2B— The Fleet and Family Support Center will host a program by Child and Family Services of Newport County, entitled "Men 2B — A Role Model Support Capacity Program."

This program is for any man who would like to serve as a

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Ron Fontaine/U.S. Navy photos

Danielle Bridges, 10, searches through a pirate's treasure chest of trinkets at the Armed Services YMCA program, 'Under The Sea,' last week. The children painted t-shirts and decorated their function room with pictures of fish and sea creatures, and hung crepe paper streamers from the ceiling like seaweed.

What's going on

Dewey Field open to view sailing ships

View the Tall Ships with music by Navy Band Northeast.

The public is invited as guests of Commanding Officer, Naval Station Newport, to Dewey Field on Monday, July 19, from noon to 4 p.m. to watch the Tall Ships Rhode Island 2004 Parade of Sail.

See story, Page 2.

FRIDAY, July 16

- Tall Ships Rhode Island 2004, 19 international and American barques, barquentines and schooners, Goat Island Marina. Public boarding, 10 a.m. to 10 p.m. Continues Saturday and Sunday.

- Opening ceremony for 21st annual Black Ships Festival, Touro Park, Bellevue Avenue, 10:30 a.m.
- Hellenic Festival, St. Spyridon's Greek Church, Thames and Brewer Street, 4 p.m. to midnight. Greek food, pastry, music and dancing. Continues Saturday, noon to midnight; and Sunday, noon to 8 p.m..

- The following movies are shown free upon request at the NAVSTA Newport Recreation Center beginning tonight: *Secret Window* (PG-13) and *Monster*(R).

SATURDAY, July 17

- 2004 Newport International Polo Series season continues though Sep-

tember, 5 p.m., Glen Farm, Portsmouth. Newport vs. Saratoga.

SUNDAY, July 18

- Memorial ceremonies, 21st Black Ships Festival, Island Cemetery, gravesite of Commodore Matthew Perry with Navy color guard and bugler, 10 a.m.

- Chapel of Hope Sunday worship services:

- Protestant service, 8 and 10:30 a.m.

- Catholic mass, 9 a.m. and noon.

MONDAY, July 19

- New England Collegiate Baseball team Newport Gulls celebrates Military Appreciation Night, vs. Manchester, Conn., Silkworms, Cardines Field, America's Cup Avenue. Doubleheader begins at 5 p.m. Free with military ID. Park free at Newport Gateway parking garage with ticket stub. For more information, visit www.newportgulls.com

- Armed Services YMCA (846-9622)

- Kids Sewing Camp, 9:30 to 11:30 a.m. Week-long camp for boys and girls ages 7 to 14 to learn basics of sewing safe use of a sewing machine and iron to make their own clothes. \$80 for military children/\$90 non-military. Also, July 19 and Aug. 9.

- Open Sewing, 6 to 9 p.m. \$16 per person, per session.

- Monday Summer Storytimes for ages 3 to 5 continues through Aug. 2, 11:15 a.m., Newport Public Library

TUESDAY, July 20

- Armed Services YMCA (846-9622):

- Fitness Hour, 8:15 to 9:45 a.m. Childcare available for children over 10 months. \$4 for the first child, then

\$1 each additional child.

- Scrapbooking, 9 a.m. to noon. \$5 per person to crop.

- Rubber Stamping, 6:30 p.m. Create up to three projects for \$10 or stamp per session.

- Dress to Grill, 6:30 to 8 p.m. A fun and informative workshop where participants will learn the basics of homemade marinades, spice rubs and sauces for flavorful grilling. \$12, plus \$4 materials fee.

- Fleet and Family Support Center (841-2283)

- Baby Blues, 9:30 to 11 a.m. Learn to recognize and understand the symptoms of the "Baby Blues" and learn how to differentiate it from post-partum depression.

WEDNESDAY, July 21

- Fleet and Family Support Center (841-2283)

- Starting Your Own Business, 11:30 a.m. to 1 p.m. Find out the advantages and disadvantages of owning your own business.

- WaterFire Providence, 8:15 p.m., Waterplace Park, Providence. A series of 100 bonfires ablaze on surface of Providence River.

THURSDAY, July 22

- Diversity Day potluck picnic, behind NAVSTA Headquarters Building 690, Multinational cultural celebration of ethnic diversity, international fare, 11 a.m. to 1 p.m.

- Fleet and Family Support Center (841-2283)

- Anger Management, 2:30 to 3:30 p.m. Learn how to harness your anger and use it in a positive way.

- Welcome Aboard Fair, 1 to 5 p.m., Harbor Island Conference Center.

50 area agencies at information fair

Take advantage of a great opportunity next week to see all that the local community and Naval Station (NAVSTA) Newport have to offer.

The Fleet and Family Support Center will sponsor a Welcome Aboard Fair next Thursday from 1 to 5 p.m. at the Harbor Island Conference Center.

There will be 50 agencies participating in this year's fair. These include the American Red Cross; East Bay Community Action Program; Boys & Girls Club of Newport County; Girl Scouts of America; the Robert Potter League for Animals; Newport County Chamber of Commerce; Newport Public Library; Preservation Society of Newport County; the Newport Navy Choristers; Visiting Nurse Services of Newport County; Norman Bird Sanctuary; and the Town Howlers' Square Dance Club.

Also participating will be representatives from Newport Hospital's Birthing Center;

Growing Children of Rhode Island; Volunteers in Newport Education and Literacy; Middletown town administrator's office; Newport County Convention and Visitors' Bureau; as well as the local school departments and daycare centers.

There are many Naval Station (NAVSTA) Newport participants as well, such as Fleet and Family Support Center; Morale, Welfare and Recreation; Naval Station Security; Chapel of Hope; Navy-Marine Corps Relief Society; Armed Services YMCA; Child Development Center; Commissary Store; Health Promotions Department of the Naval Ambulatory Care Center; Naval Station Housing; Navy Exchange; Newport Officers' Spouse Club; Navy Federal Credit Union; and more.

If you have any questions about the fair, contact the Fleet and Family Support Center, at 841-2283.



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Diversity Day potluck

Naval Station (NAVSTA) Newport and its tenant commands and activities will celebrate diversity in the workplace at the second annual Diversity Day potluck picnic on July 22, from 11 a.m. to 1 p.m., on the patio behind Building 690.

The multi-cultural celebration will feature poster displays highlighting the accomplishments of various ethnic groups. The picnic will provide an opportunity for all military and civilian employees from NAVSTA Newport and its tenant commands and activities to gather and share their ethnic cuisines and cultures.

Volunteers are needed to contribute food and are encouraged to display items of native dress, art, and other cultural memorabilia that reflect an ethnic her-

Special events

itage.

Tall Ships viewing at NAVSTA

Dewey Field below the Naval War College will be open to all hands and the general public for Tall Ships viewing on July 19 from noon to 4 p.m.

Tall Ships Rhode Island 2004 will conclude with a Parade of Sail of 20 barques, barquentines and schooners from Goat Island, under the Newport Bridge, and around Gould Island.

Three of Navy Band Northeast's component bands will provide a variety of music. Morale, Welfare and Recreation Department will staff food concession

tents.

Visitors should bring their own chairs and or blankets. Gates will open at 11 a.m.

(Because of increased security measures, no coolers or backpacks will be allowed. For more information, call NAVSTA Public Affairs Office at 841-3538.)

Sea Services Ball in Boston

BOSTON— The 26th annual Sea Services Ball will be Friday, Dec. 3, at Anthony's Pier 4 Restaurant.

Formerly known as the Naval Reserve Holiday Ball, this dinner-dance has been widely hailed as the military social event of the year.

Tickets and information are available from Capt. Hal Learson at (617) 489-2221.

Announcements

IT&T selling tickets for Toby Keith concert

Information, Tickets and Travel has a limited number of discount tickets for Toby Keith's Big Throwdown Tour on Saturday, July 24, from noon to 10 p.m. at Gillette Stadium in Foxboro, Mass.

The musical lineup includes Toby Keith, Jo Dee Messina, Montgomery Gentry, Gretchen Wilson & Scotty Emerich.

Tickets are \$55 each. The tickets are not available to general public. Tickets allow access to Fidelity Club, where there is air conditioning, upgraded food selection and facilities.

For more information, call the ITT Office at 841-3116.

Change of command to affect NACC hours

Because of a change of command ceremony for Naval Health Care New England on July 30, hours of operation at Naval Ambulatory Care Center (NACC) Newport will be reduced.

Routine clinic hours will be 7:30 to 10 a.m. Urgent/acute care appointment needs will be addressed during the hours of 10 a.m. and 7 p.m.

TRICARE offices to relocate

Effective Monday, July 26, the TRICARE Service Center (TSC) in Newport will relocate from the Admiral's Gate Building at 221 Third St. to the first floor of the Naval Ambulatory Care Center (NACC) Newport (Building 23).

Hours of operation will be Monday through Friday 8 a.m. to 5 p.m. 7 a.m. to 7 p.m.; and Sunday, 9 a.m. to 5 p.m. Call 841-3154.

Perry

Continued from Page 3

dants across the Ocean State and the country. Matthew Perry, who died in 1858, had 10 children. Oliver, who was a naval hero in Lake Erie in the War of 1812, had five children, though one died in infancy. Oliver died in 1819.

Chaplain Perry is a Lutheran, Missouri Synod, and working toward his Masters in Divinity at Concordia Seminary in St. Louis. He arrived last month in the newest Chaplains Basic class that will graduate July 30. Afterward, he will become a pastor or a parish for two more years experience.

It was at the seminary that Perry learned about the Navy chaplains program and decided its mission fit his interest in serving his fellow man.

Chaplain Perry was asked what he will focus on at the memorial service. "I will talk about the human spirit of adventure and experience, and how Perry's efforts brought two nations together in friendship."

And it's just a coincidence, too, that this year is the 150th anniversary of the treaty and there are still Perrys in the Navy serving their country.

BLACK SHIPS FESTIVAL

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perform along with the impressive **Soh Daiko Drummers**, as they pound out their vibrant blend of drum folk music. Feel the thunderous conclusion as the two groups perform together!

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Special Sumo demonstrations prior to the Taiko concert
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Crowd control ...with muscle



Instructor Gary Drum, right, demonstrates a 'push away' technique by poking the jugular notch at the base of the throat on Master-at-Arms Second Class Autery Randle of Naval Mobile Security Detachment 22 of Norfolk, Va.

Take that!

Naval War College security force members, Aviation Ordnanceman (AW) First Class Lynne Martin practices a front jab with her baton against training partner Chief Electrician's Mate (SW/DV) Jason Vaughan during Non-Lethal Weapons Basic Instructor course at NAVSTA's Security Training Department on Pier Two.



By **RICHARD ALEXANDER**

Navalog editor

Do you know where your hypoglossal nerve is?

Well, about 25 auxiliary security force members, masters-at-arms and Department of Defense police officers found out the hard way this week.

They are in Newport for the Intermediate Non-Lethal Weapons Basic Instructor course being taught by the NCIS Security Training Assessment and Assistance Team (STAAT) from Norfolk.

Barry Spaulding, Naval Station Newport (NAVSTA) Security Department training officer, said the regional training is being held at Building 68 on Pier Two for the first time.

"We have students coming from numerous commands within the region in addition to NAVSTA personnel," Spaulding said. "This is a new requirement for non-lethal weapons instruction, and this is the first class being held in the Northeast Region."

He said this was his fifth attempt to schedule the course which was constantly being postponed because of the

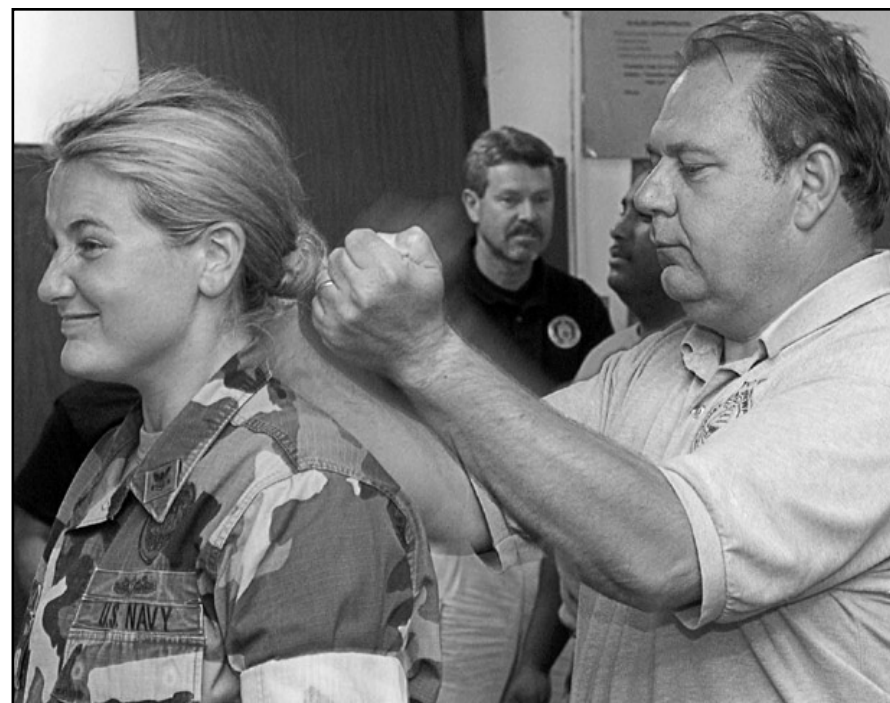
demands of Operation Iraqi Freedom.

The training will certify basic instructors in Oleoresin Capsicum (OC) "pepper spray" use, police baton tactics, unarmed self-defense techniques, blocking blows, handcuffing and riot/crowd control.

The class learned pressure point tactics used to remove passive demonstrators at sit-ins at government or military installations.

For those who don't know, the hypoglossal nerve is at the base of the jaw hinge at the ear. When the right pressure is applied, the resister will quickly comply with a direct order to stand up.

The "touch and torque" techniques, including a similar one for the nose cartilage, were practiced over and over under the guidance of STAAT instructors Gary Drum and Mike Delancy. Participants came from U.S. Naval Submarine Base Groton, New London, Conn.; Naval Air Station Brunswick, Maine; Navy Mobile Security Detachment 22, Norfolk, Va., Naval Computer **SECURITY, Page 9**



Security Department Training officer Barry Spaulding, right, practices 'supra-scapula' blows on Master-at-Arms Second Class Laurie Taylor, NAVSTA Security. The procedure stuns a resisting demonstrator. Looking on is instructor Pat McAndrew, center.



NAVSTA Security Patrol Section officer Bill Murphy, left, gets Master-at-Arms First Class Joshua Amaral in a rear wrist lock.



RIOT helmets are stacked and ready for training.



STUDENTS practice using the flexicuff handcuffs.

Security

Continued from Page 8

and Telecommunications Station in Cutler, Maine; plus the Naval War College and NAVSTA.

On Wednesday, the students practiced baton strikes—front jabs and rear jabs—plus blocking techniques, under the direction of STAAT instructor Pat McAndrew.

“Keep your eyes on the target,” he said. “You have to bark the order for what you want the protester to do.”

He said the instruction provides the students with a bunch of tools for their toolbox to control riots and demonstrations.

The students are taught “patterns of movement” where they strike at the knees or midsection with a night stick or baton, then step away to create distance between themselves and the aggressor. This buys time to assess the situation, and decide the next tactic.

Cpl. Stephanie McMahon with the NAVSTA's Patrol Section said the training this week has been very intense.

“It's some new techniques, and some refresher for us,” she said. “But we're getting our technique down properly. It's a good workout.”

Spaulding said after graduation today, the students will return to their respective bases and teach their fellow shipmates on basic self-defense and riot control.

Next week, the Security Training Department will host an Emergency Vehicle Operator instructor course. It will be taught by Michael Borkowski of the Naval Safety Center and is meant to re-certify current EVOC instructors as well as certify new ones. Students will attend from across the region.

From July 26 to 30, Security Training will host the AAA Driver Improvement Program Instructor course. The course certifies instructors to teach the AAA Driver Improvement Program for Department of the Navy personnel, civilian employees and their dependents. The facilitator will be Borkowski.

Ron Fontaine/U.S. Navy photos

STAAT instructor Gary Drum demonstrates a rear wrist lock technique in the classroom session on Tuesday.



Naval Station Newport Dining

Officers' Club

(Building 95, Phone 841-4821, 846-7987 or 849-3693)

Today: Lunch, 11 a.m. to 1:15 p.m., first deck, sit-down service.

Tonight: Kick-off the weekend at the Officers' Club, the place to be on Friday nights 4 to 6 p.m. Enjoy complimentary tortilla chips and chunky salsa on the Blue Deck. In case of inclement weather, it moves to the Topside Pub.

Comedian Smokin' Joe Holden & Friends perform a free show on the Blue Deck from 5 to 9 p.m.

Saturday: Topside Pub opens at 4 p.m. Full pub menu available until one hour before closing.

Sunday: Come enjoy all-hands breakfast on the Blue Deck or in case of inclement weather, inside at the Officers' Club. Served from 8 a.m. to noon, enjoy your favorite breakfast meals with spectacular views of Newport Harbor.

Breakfast replaces Sunday Brunch and brunch cards are invalid.

Monday-Friday: Lunch, 11 a.m. to 1:15 p.m., on the Blue Deck (weather permitting), sit-down service. Dinner, 4 to one-hour before closing, Pub Menu is available at Topside Pub or on the Blue Deck weather permitting.

Thursday: Lunch, 11 a.m. to 1:15 p.m., first deck, sit-down service. Dinner, 5 to 7 p.m.

Topside Pub or on the Blue Deck, Lobsters for Happy Hour. One-plus pound boiled lobsters, giant baked potatoes, hot and spicy wings, fresh garden salads, and creamy clam chowder.

Upcoming Events

Enjoy free shows on the Blue Deck at the Officers' Club.

Friday, July 23 from 4:30 to 8:30 p.m. Jimmy Buffett-style musician, Chris Vincent

Friday, July 30 from 5 to 9 p.m. jazz music with The Connie Williams Trio

Friday, Aug. 13 from 4:30 to 8:30 p.m. Jimmy Buffett-style musician, Chris Vincent

Friday, Aug. 20 from 5 to 9 p.m. local Reggae/Ska band, The Ravers

Enlisted Lounges

(Recreation Center, Building 656, phone 841-3054)

Hours of operation: The Enlisted Club is open 4 p.m. to



Singer/guitarist Bob Hood, top photo, entertains on the Blue Deck at the Officers' Club last Friday afternoon. Comedian Smokin' Joe Holden and Friends perform tonight from 5 to 9. Musician Chris Vincent, above, will perform on July 23 from 4:30 to 8:30 p.m.

11 p.m., Wednesday to Saturday. The CPO Lounge is open Wednesday and Thursday, 4 to 9 p.m. and Friday, 4 to 11 p.m. Pub menu is available Wednesday through Saturday, 4 to 8 p.m. Lunch service is no longer available.

Tonight: Head over to the Recreation Center, Building 656, every Friday from 4 to 6 p.m., enjoy complimentary chunky salsa & tortilla chips and listen to tunes on the jukebox. This is the perfect way to

unwind after a long week, so mark your calendar, tell your friends and get ready to kick off the weekend at the Recreation Center. For more information, call 841-3054.

Saturday: Open 4 to 11 p.m. Pub menu available from 4 to 8 p.m.

Wednesday is "Wild Wings" Night, 4 to 8 p.m. Basket of chicken wings (available three ways), fresh celery and blue cheese dipping sauce costs just \$2.50!

Auto Skills Shop

We service GSA vehicles

Service your GSA government vehicle at the Auto Skills Shop. Stop by Building 304 and get oil change with filter, fluid and tire check in accordance with GSA maintenance manual.

The Auto Skills Shop is open Tuesday to Friday 11 a.m. to 7 p.m., Saturday from 9 a.m. to 5 p.m., and closed on Sundays and Mondays.

Oil changes while you wait

Did you know you should change your oil every 3,000 miles or three months?

Auto Skills Shop will change your oil while you wait for \$21.95 (extra \$2 for pan or skid plate removal). Cost covers oil and filter change- up to five quarts.

The shop is open Tuesday-Friday 11 a.m. to 7 p.m., Saturday from 9 a.m. to 5 p.m. and closed on Sundays and Mondays.

Get grime off your car!

Get your vehicle in top shape this summer with a visit to the indoor car wash bay at the Auto Skills Shop, Building 304.

For just \$2.50 you can safely wash your vehicle indoors instead of taking it through a potentially paint-damaging automatic car wash.

The shop is open Tuesday through Friday from 11 a.m. to 7 p.m. and on Saturday from 9 a.m. to 5 p.m. Call 841-3026 for more information.

Get good gas mileage!

A dirty air filter, misaligned wheels and under-inflated tires are among the things that hurt gas mileage. Keeping track of your gas mileage will keep you in tune with your car because when your vehicle begins using more gas it's a sure sign that it needs attention.

Visit the Auto Skills Shop, Building 304, and let us check your car to be sure it's giving you the most mileage for the fewest dollars.

The shop is open Tuesday through Friday from 11 a.m. to 7 p.m. and on Saturday from 9 a.m. to 5 p.m.

Army Veterinary Clinic

Army Vet Clinic offers pet services

The U.S. Army Veterinary Treatment Facility, located in Building 303, specializes in updating canine and feline vaccinations to meet local regulations and laws. The clinic treats a variety of pet illnesses such as ear infections, skin problems, arthritis, Lyme disease, sprains and lacerations.

It can help diagnose infectious diseases, orthopedic problems and tumors. Additionally, we help keep your dog healthy and happy with toenail trims and parasite control as well as routine vaccinations. Heartworm prevention medication, prescription-strength flea and tick control products, vitamins and shampoos for coat health are also available at the clinic.

The treatment facility is open Monday through Friday from 8 a.m. to 4 p.m.

Please note that children under 12 are not allowed in the clinic and may not be left unattended outside of the clinic. For an appointment or more information, call 841-3994.

Flying overseas? Check pet requirements first

As soon as you find out that you will be transferring outside of the continental United States, come in to the U.S. Army Veterinary Treatment Facility and find out what you will need to prepare your pet for overseas travel.

A USDA certified veterinarian must sign international health certificates and we have the only USDA certified veterinarian in the state.

Call 841-3994 for an appointment or additional information.

Bowling

(Building 656, 841-4293)

The Seaview Bowling Center, Building 656, is closed for July and August.

Youth/special fitness activities

(Gym 109, 841-3154)

• Youth fitness program: Eligible youth wishing to utilize Morale, Welfare and Recreation Department fitness facilities (Gym 109 and FITNESS Plus) are required to take a

Leisure

mandatory resistance and aerobics training class prior to entering the facilities during the designated times.

This class is required for children, ages 10 to 15, and is also available for 16 and 17-year-olds that may also choose to participate in the fitness assessment program instead.

The Youth Fitness Class is available on an individual basis by pre-registering at Gym 109 or FITNESS Plus in Building 355. Parents are required to be in the building where the course is being held during all class sessions.

Complete details on this program and youth fitness policies are available at Gym 109. Call 841-7196 for information or to pre-register.

Registrations for the Military Youth Activities fall soccer (ages 4 to 10) and flag football (ages 6 to 9) programs will be held through Aug. 14 with late registration on Aug. 16.

The season will run from Sept. 11 until Nov. 6 and games will be played on Saturday mornings. There is \$30 fee per child and registration is open to children of active duty and retired servicemembers, all reservists and DoD civilians. A Parents Information Night will be held the weeks of Monday, Aug. 9 and 23, at the Armed Services YMCA.

A fall sports clinic will be held on Saturday, Aug. 28, at a place to be determined. There will be a \$5 fee per child. Children will learn general rules, regulations and basic skills. Parents must remain with children for the entire session. Fall clinic registrations will be accepted until Friday, Aug. 27.

Register at Gym 109, Monday through Friday from 8 a.m. to 4:30 p.m. or call 841-7196 or 841-3293 for more information.

Pool 307

(Pool 307, 841-6628)

Registration is underway for swimming lessons for the July 19 to Aug. 12 session. Registration begins on Aug. 9 for the Aug. 23 to Sept. 9 classes.

All levels are offered, preschool (ages 3 to 5) and Level 1, 2 and 3 (ages 6 and up). For more information, call Jeff Cornell at 841-7196 or 841-6628.

Aerobics exercise

(FITNESS Plus, Building 355, 841-1474)

Hours of operation are Monday to Friday, 5 a.m. to 6 p.m.; closed weekends and holidays.

MWR Fitness classes: Stop by Fitness Plus or Pool 307 today and pick up the new fitness schedule! There are a variety of classes including water aerobics, step aerobics and cardio-packed workouts. Classes are taught as early as 6 a.m. and as late 5:15 p.m., Monday through Friday.

There is a class to fit into nearly everyone's hectic schedule! No need to pre-register — just show up and get fit!

Call the Athletic Office at Gym 109 at 841-7196 or Fitness Plus at 841-1474 for more information.

Computer Café

(Building 656, 841-2194)

• Personal computers available six days a week to send and receive email, surf the web, play games — all at no charge. There is a 10-cent charge for printing. Open Monday through Saturday, 11 a.m. to 9 p.m.

Naval Station movies

• Recreation Center: The following movies are shown upon request beginning tonight: *Secret Window* (PG-13) and *Monster* (R).

Music/games

(Building 656, 841-3054)

• The next Karaoke night will

be tomorrow Saturday, July 17, at 8 p.m. Showcase your talents with golden oldies, country hits, and of course, today's top tunes, beginning at 8 p.m. No cover charge, open to all hands. For more information, call The Recreation Center at 841-3054.

BINGO is back at the Recre-

ation Center, Building 656, Thursdays from 7 to 8 p.m. Bingo strips cost just \$1 each (three cards on a strip) and winners receive \$30 cash prizes.

Don't miss our huge jackpot that begins around 7:30 p.m.

It's worth \$500 if a coverall Bingo is called within the first

50 BINGO numbers! If the jackpot isn't won, the first player to have a good coverall Bingo will win \$100 and \$10 and another number is added to the next week's jackpot game!

For more information, call the Recreation Center at 841-2575.

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Sports

NAVSTA skipper to join Save the Bay swim

By GREG KOHLWEISS

Navalog sports editor

Many Navy Newport personnel, including Naval Station Newport's Commanding Officer, will participate in the annual "Swim the Bay" event on July 24.

Capt. Robert P. McLaughlin is an accomplished swimmer, and has a waiver to join the first wave of competitors unaccompanied by a boat.

About 350 swimmers are expected to make the 1.7-mile swim from the Dewey Field beach at 8 a.m. during slack tide, and finish at Potter Cove, Jamestown.

Swimmers with the most experience will leave first, followed by recreational level swimmers each accompanied by a rowboat or kayak, with a spotter aboard.

Coast Guard Castle Hill will close the East Passage during the event.

All swimmers will be allowed a maximum of two hours to complete the course.

Lisa Boiani of NAVSTA Public Works Department and
SWIM, Page 13



Navalog file photo

SWIMMERS enter the water at Dewey Field, Coasters' Harbor Island, for the 1.7-mile swim to Potter's Cove, Jamestown, several years ago in the annual Save the Bay fundraiser, Swim the Bay.

Gulls to salute Sailors of Year

The Newport Gulls baseball team, a member of the New England Collegiate Baseball League, will host Military Appreciation Night on Monday, July 19, at Cardines Field in Newport. All military members who show their ID at the ticket booth will get in free.

Because Military Appreciation Night was rained out in June, this is a double-header against the Manchester, Conn., Silkworms at 5 and 7 p.m. Each game will be seven innings long.

Capt. Robert McLaughlin, Commanding Officer, Naval Station Newport will throw out the first pitch for Game 2.

Newport area Sailors of the Year and other VIPs will be recognized between games.

"Come out and see the games after the Tall Ships Parade of Sail," a Gull spokesman said.

Cardines Field is at America's Cup Avenue and Marlborough Street across from the Newport Gateway Visitors Center. All fans may park free at the center with a game ticket stub.

The Gulls are two time champions, having won the league title in 2001 and 2002. It is sanctioned by the NCAA and partially funded by Major League Baseball.

Guest skipper leads Navy Shields

By BETH R. HOLLAND

Shield Class racing publicist

ON NARRAGANSETT BAY—Guest skipper John Ingalls in Boat 164 dethroned Bernie Patterson in Boat 163 to take top Navy honors in the Navy fleet during recent Wednesday Night Racing Series, July 7.

What started out as a beautiful afternoon rapidly deteriorated into fog and moderating breeze as the gun went off for the Shields' start.

Earl "Stubby" Stubbs, Boat 59, launched off the line and pulled the horizon job of the season.

In spite of the fleet's best efforts, no one could reel them in as they extended around the course. For the rest of the fleet, either side seemed to pay off for breeze.

Andrew Burton, Boat 201, and Peter Gerard, Boat 53, played the left hard. John Burnham, Boat 107, and Jamie

Hilton, Boat 217, led out of the left corner.

Gains could be made upwind on either side. Downwind, the name of the game became "positioning."

Though the lead of the race seemed to have been locked up by the first mark, the next three spots continuously switched up until the last 100 yards to the finish.

In the end, Boat 107 slammed onto Boat 201, allowing them to hold second place, while 217 sneaked into third.

Order of finish for the Navy boats are as follows:

14th, Boat 164, John Ingalls, Little Compton

24th, Boat 163, Bernie Patterson, Middletown

27th, Boat 14, Curtis Duncan, Middletown

Intramural Softball

The Naval Station Newport Intramural Softball League results for week ending July 9 follow:

REDCOM NE def. DH 178, 7-6

DH 178 def. NJS, 11-6

VFW All Star Eagles def. Fire Fighter School, 5-4

Golden def. REDCOM NE, 5-2

Dirty Quahogs def. Golden Spikes, 8-7

NACC First Commanders def.

Pier Pressure, 9-5
NJS def. VFW All Star Eagles, 20-7

Standings

Golden Spikes.....	8-1
SWOS.....	4-1
Dirty Quahogs.....	4-2
Out of the Box.....	4-2
Boondock Saints.....	5-3
REDCOM NE.....	5-3
DH178.....	5-4
NJS.....	4-4
NACC First Commanders.....	3-5
VFW All Star Eagles.....	1-6
Pier Pressure.....	1-6
Fire Fighters School.....	0-6

Swim

Continued from Page 12

Kristin Wilkes of Naval Ambulatory Care Center's Health Promotion Department are both expected to swim.

For Boiani, it will be her third time across the Bay. "I don't plan to break any records," said Boiani, who will be in the third wave escorted by a boat and spotter. "I just want to finish; in probably an hour and 10 minutes."

It will be the first time in the event for Wilkes, who has a waiver to swim in the first wave. She said she swims three evenings a week for 4,000 to 4,500 meters per night.

"I've done some open water swimming, and as long as there aren't many jellyfish it should be fun."

The 28th annual swim is sponsored by Citizens Bank/Save the Bay and gives local water enthusiasts the opportunity to help protect the health and future of Narragansett Bay. Each swimmer must raise a minimum pledge of \$200 in order to participate.

The goal for this year's event is to exceed \$100,000 through collected sponsorships.

All swimmers will receive a Yomega high performance yo-yo, provided by Pride Promotional Products, and the top fundraiser will win a rechargeable electric eGo Cycle. Other prizes are kayaks, wetsuits and deck/pool parkas.

Suicides

Continued from Page 2

from a problem.

"The handwriting is clearly there that there's something wrong with this picture, but because we don't like pain...we stray away from it and we minimize it," said Hedges. "Above all else, someone who is contemplating suicide wants to know that someone else is concerned."

Once intervention is established, don't keep it a secret. Keeping the problem a secret denies the person help that they may need — locate help immediately..

"It's about people," said Hedges. "We have to take care of people; that's really what suicide prevention is all about."

After that, inform the chain of command. The chain of command is there to help Sailors and make sure they get the proper treatment that someone might need.

The final two steps are to find someone and expedite the process. Waiting too long can be a crucial mistake that could cost a life.

"Suicide, it's a 49 to 51 vote, teetering back and forth, wanting the pain to stop but struggling, knowing (you) want to live," said Hedges.

There are many reasons someone might consider taking their life.

"Relationship problems are the number one reason that we have problems," said Hedges. The relationship can be with a spouse, boyfriend, girlfriend, family or co-workers. The problem will lead to feelings of depression, anxiety or guilt, or to alcohol abuse. Other problems that can lead to suicide include financial, work, legal or disciplinary problems.

"With suicide, it's a desire to feel something other than pain."

Hedges hopes that everyone will take a proactive approach and care about their shipmates. "They don't care how much you know, they want to know how much you care," said Hedges.

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The Newport Daily News is seeking an Internet Advertising Sales Representative to spearhead the sales effort for the company's four web sites. The position includes constant daily contact with customers. Work requires a high degree of accuracy. Job is non-routine and requires flexibility to switch from handling customer calls to paper work.

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- Ability to develop new areas of advertising and marketing programs and to stay current on new developments of Internet advertising. You will be part of the marketing team.

The position is full time and provides salary plus commission and a full benefits package. Great working atmosphere. Interested applicants should fax, email or mail resume to:

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Email: Layton@NewportRI.com

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POSITION AVAIL. in Aug. for a preschool lead teacher position. Part-time (35 hrs. wk). Seeking candidate with ample exp. in preschool teaching, organization and leadership skills. Duties incl. supervising 2 employees, organizing & implementing curriculum, supervising group of 24 children, maintaining parent relations, upholding NAEYC regulations. For more information call 844-4562. Interested applicants should apply to MWR Bldg. 1121, NAVSTA Newport or call 847-7697. E.O.E.

SAILING INSTRUCTOR for 24' sloop, small boat exp. a must. 848-2266

VETERINARY TECHNICIAN & Receptionist positions available for 15 doctor practice. Full & part time. Must be reliable, must enjoy people, animals, & working in a fast paced environment. Will train the person. Resume to Newport Animal Hospital, 333 Valley Road, Middletown, RI 02842.

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175-Lawn & Garden

LAWN CARE SERVICE: mowing, weeding, mulching. 849-3633.

490 - Wanted

INEXPENSIVE, used surfboard wanted for beginner. 7+ footers. 419-9208.

LOOKING FOR Vera Bradley animal kingdom bag & wallet or any other Vera Bradley products. 849-2302.

520 - Miscell for Sale

5X9 BOX TRAILER, homemade. \$650 or best offer. Call 848-94

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520 - Miscell for Sale

OLD GREENHOUSE from Newport estate \$600. 846-7521.

SUNROOM SET, white wrought iron: 1 glass eating table w/4 chairs, 2 comfort chairs, glass end table, 1 couch, glass coffee table. new cushions. \$1,500 or best offer. Call 1026, leave message. Serious inquiries only.

WAREHOUSE PALLET-RACKS. Heavy duty steel, 15' uprights. crossbeams. Like new. Must liquidate. Large quantities. 508-961-289

530 - Househol

2 YR. OLD WHIRLPOOL Stackable washer/dryer. Excellent cond. Buy or must pick up. \$250. Call 662-7693.

3 WALL UNITS - Bookshelf, desk & bookshelf television & bookshelf. Solid wood. Maple color. \$75/unit or three for \$200. 848-078

DREXEL HAMPTON CT group built 1948: china cabinet, sideboard, dining table w/leaf, chairs. \$2000 negotiable. 848-2711.

FLOWERED COUCH & love seat, 2 yrs. old, excellent cond., \$42. 846-1368.

HAND MADE 9X12 soft wool rug, made in China (Ching Dynasty). Hand carved (ivory deco) hand knotted fringe. \$450, 841-9443

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MOVING: 7ft overstuffed sofa. Recliner on back ends. \$250. 683-1479.

PENNSYLVANIA HOUSE couch & 2 end tables. cherrywood, good cond. \$250. 683-0240.

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WHIRLPOOL '03, electric dryer. Paid \$490 asking \$250/best. 508-324-5187

WOODEN DAYBED w/3 drawers underneath, new. \$150. 848-7523.

590 - Music

ROD STEWART Concert tickets: Tweeter center 7/20, \$300/best. Section 1, 19th row from stage. 849-4885, tickets hand.

670-Business Op

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700 - Rooms f

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710 - Unfurn.

1 EFFCY.: View of Bay from 7th floor balcony. 1 person only, no pet pool; \$730 incl. utilities. Portsmouth 849-1100.

2 BDRM., duplex in Kappa St. area. 1-1/2 bathrooms, hardwoods, washer/dryer, w/deck & yard. \$1100+. 849-0724 or 338-1776.

3 BDRM., walk to beach/paths. \$1200+ Tiverton. Stonebridge area. Available Aug 1, 401-413-1647.

ANNANDALE RD., 2 bdrm./2 bath. Nice layout and details. Aug. \$1,250/mo. America's Realty 846-1880.

DOWNTOWN: 3-4 bedrooms laundry, hardwoods, clean, \$1195+ 683-9755.

GET THE POINT: 2 bdrm. w/laundry, cut kitchen. \$1,275 incl. heat/h2o. Aug. 1. America's Realty 846-1880.

LOWER THAMES area, 1 bdrm., laundry. \$880 incl. heat/h2o, 7/1 America's Realty 846-1880.

MIDDLETOWN: Spacious 1 bdrm., yard. Incl. heat, water, yard care. \$875. 225-5607.

NEWPORT: off Thames, Perry Mill Wharf. Nice bdrm. \$1,000 mo. parking. Call 274-6611

OXBOW FARMS taking applications every Tuesday & Thursday from 10-12 1-4 for possible 1 summer/early fall 1, 2 3 bdrm. vacancies. Section 8 waiting list. Mains closed. 849-4141 EHO

PORTSMOUTH: Secluded 2 bdrm. \$1,500/mo. Yrs. lease. 662-9957.

TIVERTON. 2 family, 3 bedrooms, 1st fl., new rms. W/d hookup, no smoking, pets or utilities \$1100 a mo. 1st. security. Call Dawn, Tiverton 401-529-1968.

WAR COLLEGE & Others! Contemporary 2 bdrm., wash/dry, fireplace, dishwasher, 7/1 \$1300/mo. America's Realty 846-1880.

720- Furnished

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3 BDRM., \$1200+/mo. 212-724-5849 or 847-0746 weekends.

5TH WARD 2 bdrm., 1 bath, new appliances \$1200 incl. heat, water & parking. 9/1. 789-961

720- Furnished

PORTSMOUTH, 1 bdrm., waterview, patio, washer/dryer, non-smoker \$1000+. 683-0060.

725 - Condos :

2 BDRM., Newport/ Mid-dletown line. Declared parking, hardwoods, storage. \$1200/mo. Chad, Remax 848-6781.

OFF KAY ST., upscale 3 bdrm., 3 bath, nice furn. \$1800/mo. 8/1 America's Realty 846-1880.

730 - Houses :

3 BDRM. Colonial, garage, big yard, 2 bathrooms. near navy housing outside gate 17. Aug.-June \$1550/mo. 508-339-4848/508-243-0113.

4 BDRM., 2 bath, Newport. Garage, updated kitchen. \$2000/mo. Chad, Remax 848-6781.

4+ BDRM., 1.5 BATHS, recently renovated, new appliances, large yard immaculate, \$2,000 848-5163.

BRISTOL, in town. Beautifully restored & furnished. 8+ rooms 3 bedrooms, 3 baths, 1 1/2 garage & storage, walk to all. Sept.-May. pets. \$1,600. 254-2981

BRISTOL: 4 bdrm., double living rm., his/area. 1 block from water/beach. No smoking/pets. \$1,800/mo. 401-253-4020, 401-253-4406

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PORTSMOUTH: Spacious 4 bdrm., 2 bathrooms nice yard, garage. Available 8/1. \$1900+. America's Realty 846-1880.

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Navy-wide news

Navy implements 'Summer Pulse'

WASHINGTON (NNS) — The Navy last month began Summer Pulse '04, the first exercise of its new operational construct: the Fleet Response Plan (FRP). During a round table discussion at the Pentagon July 8, Assistant Deputy Chief of Naval Operations for Plans and Policy, Rear Adm. John Stufflebeem talked about FRP and the significance of Summer Pulse '04.

Under the Fleet Response Plan, the Navy will maintain a "six-plus-two" posture, the ability to simultaneously deploy six Carrier Strike Groups (CSGs) in less than 30 days to support contingency operations around the world, and have two more CSGs ready to support or relieve elements of the initial responding forces within three months. Summer Pulse '04 is the Navy's first look at a large scale surge such as this.

"(For Summer Pulse '04), we had seven carrier strike groups (CSGs) that were notified within 30 days at various levels of readiness and training," said Stufflebeem. "They are now deployed in all the AORs (areas of responsibility) — NORTHCOM (U.S. Northern Command), SOUTHCOM (U.S. Southern Command), CENTCOM (U.S. Central Command) PACOM (U.S. Pacific Command) and EUCOM (U.S. European Command) — and they all did it simultaneously. The point is to demonstrate to ourselves and our allies a scalable, global force projection capability."

CNO confirmed for second term

WASHINGTON (NNS) — Chief of Naval Operations (CNO) Adm. Vern Clark was confirmed July 8 for a second term as CNO.

At his Senate confirmation hearing, Clark pledged to continue to work on the priorities he has championed for the last four years.

"My goals as the CNO for the past four years are a matter of record, and I report that I'm pleased with the progress," said Clark when he testified at a confirmation hearing alongside Lt. Gen. James E. Cartwright, who was later confirmed as the first Marine general to command the U.S. Strategic Command.

"Having said that I'm satisfied and pleased with the progress, I must say there's still a lot to do."

The CNO said Sailors were the driving force behind the Navy's operational and transformational success during his four years in his office, and he added that his personal project for his fifth year will be creating a 21st century Human Capital Strategy.

"I want to commit that we will spend whatever it takes to grow and develop the young men and women who have made the choice to serve and wear the cloth of the nation," Clark said. "But I don't want to spend one thin dime on people that we really don't need."

DoD establishes 24/7 info line

WASHINGTON (NNS) — The Defense Department (DoD) has established a "one stop" place to go whenever service members or family members need assistance with any kind of problem.

It's called "Military One Source," and is available 24 hours a day, seven days a week, 365 days a year, according to John M. Molino, deputy undersecretary of defense for military community and family policy.

"Military One Source is a revolutionary augmentation to the family services we currently have on military installations around the world," Molino explained during an interview with the Pentagon Channel and American Forces Press Service.

Each service had its own One Source program, and now DoD is bringing them together and calling it Military One Source, Molino noted.

He noted that it's intended to complement assistance offered to military families by the services. Molino said Military One Source "leverages technology, and enables DoD to provide assistance to families and service members via the Internet or a toll-free telephone number."

The toll-free numbers for Military One Source are:

From the United States: (800) 342-9647

International toll free: (800) 3429-6477

International collect: (484) 530-5747



PH1 William Goodwin/U.S. Navy photo

The High Speed Vessel-2 Swift maneuvers around Ford Island near the Battleship Missouri, right, while shifting berths in Pearl Harbor, Hawaii. Swift is taking part in the multi-national maritime exercise Rim of the Pacific 2004. The catamaran's sister ship HSV-1 Joint Venture visited Newport, R.I., several years ago.

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